

I CLAIM:

1. An exercise apparatus, comprising:
an exercise device;
a memory including a first memory portion;
5 a receiver for receiving exercise programs transmitted over a first communication link; and

a control unit for supplying received exercise programs to said first memory portion for storage in said first memory portion as first exercise programs and for selectively controlling said exercise device in accordance with the first exercise programs.

2. The exercise apparatus according to claim 1, wherein said memory further includes a second memory portion for storing pre-stored second exercise programs and said control unit further selectively controls said exercise device in accordance with the second exercise programs.

3. The exercise apparatus according to claim 2, further comprising:
selecting means for selecting the first and second exercise programs.

4. The exercise apparatus according to claim 3, wherein said memory further includes a third memory portion for storing data related to selected first and second exercise programs.

5. The exercise apparatus according to claim 4, further comprising:
a transmitter, wherein said control unit supplies the data stored in said third memory portion to said transmitter and said transmitter transmits the data supplied thereto over a second communication link.

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a transmitter for transmitting the exercise program over a communication link.

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a memory including a first memory portion;

a control unit for supplying the received exercise programs to said first memory portion for storage in said first memory portion as first exercise programs and for selectively controlling said exercise device in accordance with the first exercise programs.

generating an exercise program for controlling an exercise device;
transmitting the exercise program over a communication link;
receiving exercise programs transmitted over said communication link;
supplying received exercise programs to said first memory portion for
storage in said first memory portion as first exercise programs; and
selectively controlling said exercise device in accordance with the first
exercise programs.

add art

7 and C2